1. ———— is an imaginal form of exposure therapy.

(A) implosive therapy (B) flooding

(C) covert sensitization (D) overt sensitization

2. Biofeedback is based on

(A) classical conditioning (B) modeling

(C) operant conditioning (D) latent learning

3. Gestalt therapy was developed by

(A) Karl Duncker (B) Sperry

(C) Fritz Pearls (D) Carl Rogers

4. The founder of logo therapy is

(A) Otto Rank (B) Rollo may

(C) Victor Frankl (D) Existentialists

5. SUD is measured on a scale ranging from

(A) 1 to 100 (B) 0 to 100

(C) 0 to 1000 (D) 1 to 1000

6. The Centre for Behavioural and Cognitive Sciences is located in

(A) University of Allahabad (B) Pondicherry University

(C) Banaras Hindu University (D) Delhi University

7. National Brain Research Centre is situated in the state of

(A) Punjab (B) Delhi

(C) Chandigarh UT (D) Haryana

8. ———— has the country's only brain bank.

(A) National Brain Research Centre

(B) All India Institute of Medical Sciences

(C) NIMHANS

(D) PGIMER, Chandigarh

9. Defence Institute of Psychological Research is situated in

(A) Dehradun (B) New Delhi

(C) Bangalore (D) Srinagar

SHOUT
SHARE
IT

10. Lot of research on Reconstructive memory is credited to

(A) Bartlette (B) Loftus

(C) Baddley (D) Wertheimer

11. Techniques based on operant conditioning are together known as

(A) Applied analysis of consequences (B) Applied psychotherapy

(C) Applied behavioural analysis (D) Applied psychotherapy

12. Cognitive triad" in depression is the contribution of

(A) Albert Ellis (B) Aaron Beck

(C) Cognitivists (D) Hawton

13. Syphilis is caused by

(A) fungi (B) bacteria

(C) virus (D) protozoa

14. Pellagra occurs due to ———— deficiency

(A) Niacin (B) Thiamine

(C) Vitamin K (D) Iron

15. Type A personality is assessed by

(A) Interview (B) Myers –Briggs type indicator

(C) Costa Type indicator (D) MMPI

16. PET refers to

(A) Positive Emission Tomography (PET)

(B) Positron emission Tomography

(C) Positornic emission tomography

(D) Posit emission tomography

17. Big five factors of personality was proposed by

(A) Zuckerman (B) McCrae & Costa

(C) Gordon Allport (D) R B Cattell

18. The third force in psychology is

(A) behaviorism (B) cognitivism

(C) humanistic psychology (D) positive psychology

19. Level I and Level II intelligence was proposed by

(A) Johnson (B) Jensen

(C) Shyamkrishnan (D) Baddley

20. The Mental Health Act was enacted in the year

(A) 1985 (B) 1986

(C) 1987 (D) 1988

21. The Rehabilitation Council of India came into being as a statutory body in the year

(A) 1990 (B) 1991

(C) 1992 (D) 1993

22. The structure within the brain concerned with sleep and arousal is

(A) Medulla (B) Limbic system

(C) Reticular Activating System (D) Cerebellum

23. What does it mean to "anthropomorphize"?

(A) to act like an anthropologist instead of a psychologist

(B) to project human qualities onto animals

(C) to think too much about a problem, until the simple answer is overlooked

(D) to influence an animal with human ways, so it is less like its relatives in the wild

24. The need Hierarchy theory of motivation was proposed by

(A) Mc Llend (B) James-Lange

(C) Herzberg (D) Maslow

25. Jacobson's progressive relaxation is very similar to_____ as an.

(A) Padmasan (B) Chakasan

(C) Sabasan (D) Bhujangasan

26. Muller-Lyer illusion is

(A) Fully Universal (B) Culture Specific

(C) Person Specific (D) Temporary

27. Seeing a ghost in a dark room is an example of

(A) Illusion
(B) Hallucination
(C) Delusion
(D) Perceptual defense

28. Which of the following law is not a law of grouping?

(A) Proximity
(B) Similarity
(C) Common Fate
(D) Figure-Ground

29. Conditioning method was introduced by

(A) Thorndike
(B) Pavlov
(C) Skinner
(D) Kohler

30. Who among the following is not a learning theorist?

(A) Maslow
(B) Skinner
(C) Tolman
(D) Kohler

31. Mirror drawing apparatus is used to measure ———— learning

(A) Social
(B) Maze
(C) Sensory-motor
(D) Serial

32. Learning for the sake of acquiring knowledge is an example of ———— motivation

(A) Extrinsic
(B) Intrinsic
(C) Social
(D) None of these

33. Curve of forgetting was developed by

(A) Watson
(B) Piaget
(C) Freud
(D) Ebbinghaus

34. The need for ———— drives people to get close to people

(A) Power
(B) Conformity
(C) Affiliation
(D) Achievement

35. In case of 't' test, the distribution of the scores has a ———— shape

(A) Platykurtic
(B) Leptokurtic
(C) Mesokurtic
(D) Positively skewed shape

36. If a test consists of very easy items, the distribution of the scores will be

(A) Positively skewed
(B) Not skewed at all
(C) Negatively skewed
(D) Cannot say

37. Median is an example of ———— statistic

(A) Univariate
(B) Bivariate
(C) Multivariate
(D) None of these

38. Product moment 'r' is used to find the ———— between two variables.

(A) Difference
(B) Association
(C) Both difference and association
(D) None of these

39. ———— plays a significant role in emotional behaviour

(A) Thalamus
(B) Hypothalamus
(C) Frontal Lobe
(D) Parietal Lobe

40. ———— is regarded as a culture-fair test of intelligence

(A) WAIS-R
(B) Stanford-Binet
(C) Raven's Progresive Matrices
(D) WISC-R

41. World Mental Health Day is observed on

(A) September 10
(B) October 10
(C) November 10
(D) December 10

42. The physiological system that relays information in the form of electrochemical impulses throughout the body is called the

(A) Endocrine system
(B) Limbic system
(C) Nervous system
(D) Cranial system

43. The portion of a neuron that forms the presynaptic neuronal membrane is called the

(A) terminal button
(B) axon
(C) soma
(D) dendrite

44. Electrochemical communication takes place between neurons at a junction called

(A) the axon zone
(B) the synapse
(C) dendrite trees
(D) the myelin cleft

45. ———— located site of action of mind in pineal body.

(A) Plato
(B) Aristotle
(C) Descartes
(D) Wernicke

46. ———— discovered that the human body conducts electricity.

(A) Stephen Grey
(B) Aristotle
(C) Plato
(D) Descartes

47. Which of the following is a behavioural symptom exhibited by individuals suffering unipolar depression?

(A) Unpredictable and erratic behaviour
(B) Compulsive checking
(C) Stay in bed for long periods
(D) Ritualized behaviour

48. Which of the following neurotransmitters is associated specifically with Bipolar Disorder?

(A) serotonin
(B) norepinephrine
(C) dopamine
(D) acetylcholine

49. Lower levels of activation in the Prefrontal Cortex results in

(A) Failure to regulate emotions
(B) Deficit in the will to change
(C) Failure to anticipate incentives
(D) Inability to understand the context of affective reactions

50. Structural and functional abnormalities in the Amygdala have been found to be associated with Major Depression The role of the Amygdala is to

(A) Stimulate secretion by sweat glands
(B) Stimulate secretion of epinephrine and norepinephrine
(C) Prioritize spatial memory
(D) Control spatial memory

51. According to Freud's psychodynamic theory, the first stage of response to loss is called introjections where the individual regresses to

(A) Anal stage of development
(B) Phallic stage of development
(C) Oral stage of development
(D) Sensorimotor stage of development

52. Which of the following is one of the most influential theories of depression?

(A) Freud's Psychodynamic Theory

(B) Beck's Cognitive Theory

(C) Seligman's Learned Helplessness Theory

(D) Berne's Humanistic Theory

53. Physical symptoms of Chronic Fatigue Syndrome (CFS) include which of the following?

(A) Extreme fatigue

(B) Muscle pain

(C) Chest pain

(D) All of the above

54. Children with ADHD are known to have deficits in which of the following brain areas?

(A) Perception

(B) Motor functioning

(C) Executive functioning

(D) Memory

55. The term Theory of mind refers to which of the following abilities?

(A) Have telepathic abilities

(B) Understand one's own and other people's mental states

(C) Lack of meta-cognition

(D) All of the above

56. Which of the following is a widely-used classical conditioning method for treating nocturnal enuresis?

(A) Bell-and-whistle technique

(B) Bell-and-battery technique

(C) Alarm system technique

(D) Bell book and candle technique

57. Which is the most common form of stimulant medication for ADHD?

(A) Vitalin

(B) Benzodiazepine

(C) Ritalin

(D) Amylnitrate

58. Which of the following is behaviour technique that has been successfully adapted to treat anxiety-based problems in children?

(A) Systematic desensitization

(B) Systemic family therapy

(C) Cognitive behavioural therapy

(D) Electro- convulsive therapy

59. Which of the following is a technique that can be used with younger children who are less able to communicate and express their feelings verbally?

(A) Play therapy
(B) Cognitive behaviour therapy
(C) Systemic family therapy
(D) Psychodynamic therapy

60. Which of the following is an area of psychology that is concerned with mapping how early childhood experiences may act as risk factors for later diagnosable psychological disorders, and attempts to describe the pathways by which early experiences may generate adult psychological problems?

(A) Clinical psychopathology
(B) Applied psychopathology
(C) Developmental psychopathology
(D) Cognitive psychopathology

61. In childhood disorders there are different types of problems such as Symptom-Based Disorders. One such disorder is known as encopresis, which means

(A) Lack of bowel control
(B) Bedwetting
(C) Stammering
(D) Sleepwalking

62. The major criticisms on behaviourism are

(A) oversimplification, determinism, control
(B) oversimplification, vague, control
(C) control, objective, negative oriented
(D) determinism, lack of choice, complex

63. According Carl Jung, recurring dream will stop after

(A) Gratification
(B) Interpretation
(C) Wishful thinking
(D) Compensation

64. Glove anesthesia is example for ———— disorder

(A) somatization
(B) conversion
(C) somatoform
(D) body dismorphic

65. Gate control theory states that particular nerve receptors lead to specific areas of the brain related to

(A) Touch
(B) Pressure
(C) Temperature
(D) Pain

66. According to humanist, the seat of Anxiety is

(A) Impaired self concept
(B) Blocked Motive
(C) Inability to think positively
(D) Poor gratification of needs

67. Melatonin is a harmone secreted by

(A) Pituitary (B) Pancreas

(C) Pineal (D) Thyroid

68. The approach in Psychology which concentrates on mental processing is

(A) Behaviourism (B) Cognitive

(C) Existential (D) Gestalt

69. Disinvestment of Equities from a company by the Govt is a form of

(A) Liberalisation (B) Privatisation

(C) Nationalisation (D) Asset making

70. Acrophobia refers to fear of

(A) heights (B) darkness

(C) depth (D) closed room

71. Organized structure of information about a particular domain of life is known as

(A) cognitive structuring (B) schema

(C) plan (D) attributes

72. Procedure in which the researchers who have contact with participants do know the hypothesis under investigation is known as

(A) Confidential (B) Single blind

(C) Double Blind (D) Neutralisation

73. Shaping is based on the principle of

(A) adaptation (B) accommodation

(C) approximation (D) adjustment

74. The electrical charges, when a neuron is at rest is

(A) - 70 MV (B) 70 MV

(C) - 1.5 V (D) 1.5 V

75. The blocking of goal-directed behaviour is

(A) Aggression (B) Violence

(C) Frustration (D) Conflict

76. 'Determinism' is strongly suggested by

(A) Behaviourism
(B) Psychoanalysis
(C) Both
(D) None of the above

77. Which of the following groups of psychologists stress the positive side of human nature?

(A) behaviourists
(B) neurobiologists
(C) humanists
(D) psychoanalysts

78. ———— is an extra-sensory perception related to perception of a future event.

(A) Clairvoyance
(B) Telepathy
(C) Precognition
(D) Psychokinesis

79. Training differs from developmental exercises because training concentrates on the

(A) present
(B) past
(C) future
(D) changes

80. The statistical way of quality control is known as

(A) Q – Sort
(B) Six Sigma
(C) Bench marking
(D) 5 – S

81. Moving employees horizontally to expand their skills, knowledge, and abilities is known as

(A) Job developing
(B) Job analysis
(C) Job rotation
(D) Job enrichment

82. If genes are 100 percent responsible for individual differences in a given trait, the Heritability is

(A) –1
(B) 0
(C) +1
(D) .01

83. Concordance rate ranges from

(A) 0.0 to 1.0 (B) -1 to +1

(C) 0 to 100 (D) 1 to 100

84. According to Cephalocaudal principle, growth occurs from

(A) left to right (B) top to bottom

(C) right to left (D) bottom to top

85. The psychologist who used the "*Heinz Problem*" in developing his /her theory was

(A) Piaget (B) Kohlberg

(C) Levinson (D) Gisela Labouvie – Vief

86. The social and psychological dimensions of being male or female is

(A) Sex (B) Gender

(C) Gender role (D) Gender typing

87. The class of hormones that primarily promote the development of male genitals and secondary sex characteristics is called

(A) Androgens (B) Estrogens

(C) Testosterones (D) Estradiols

88. The term *androgyny* refers to a gender role that is

(A) highly masculine

(B) highly feminine

(C) both highly masculine and highly feminine

(D) neither masculine nor feminine

89. Monalisa says, "All men are alike. They'd rather drive around in circles for hours than stop and ask for directions". She is demonstrating

(A) gender stereotyping (B) gender typing

(C) androcentrism (D) gender role classification

90. When reviewing research comparing males and females, it is important to keep in mind that

(A) even when differences are found, most of the individuals in the groups are virtually identical

(B) it is unfair to compare the groups because almost all gender differences are the result of uncontrollable biological factors

(C) it is only when statistically significant scores are found that you can conclude there is little overlap between male and female scores

(D) even when differences are reported, there is considerable overlap between the sexes

91. According to Piaget's theory of Cognitive Development, at what age to children develop the ability for deferred imitation?

(A) 8-12 months
(B) 12-18 months
(C) 18-24 months
(D) 24-36 months

92. For which of the following do investigators continue to find gender differences?

(A) verbal skills
(B) visuospatial skills
(C) social skills
(D) suggestibility

93. According to Freud's theory of Psychosexual Development, during which stage is children's developmental focus on gender identity and morality?

(A) Anal (1-3 years)
(B) Phallic (3-6 years)
(C) Latency (6-12 years)
(D) Genital (12 + years)

94. According to Piaget's theory of Cognitive Development, during which stage do children develop animistic conceptions, expressed in ways such as "Don't hurt the grass. It will be sad"?

(A) Sensorimotor
(B) Pre-Operational
(C) Concrete Operational
(D) Formal Operational

95. Play is for children what work is for adults". Which of the following is NOT an important developmental outcome of play?

(A) Cognitive mastery (e.g. concepts of reversibility & conservation)

(B) Emotional development & regulation (e.g. "cooling down" by venting socially unaccepted emotions

(C) Overcoming negativism (e.g. reducing noncompliance to adult requests)

(D) Language development (e.g. giving labels)

96. According to Festinger's cognitive dissonance theory, people seek to avoid

(A) contradictions between behaviours and beliefs

(B) rebellious or negative reactions

(C) music which is not harmonious

(D) people who are argumentative

97. Who is known for his research in observational learning using bobo doll?

(A) Watson (B) Skinner

(C) Milgram (D) Bandura

98. Who first wrote about inferiority complex?

(A) Sigmund Freud (B) Alfred Adler

(C) Carl Gustav Jung (D) Viktor frankl

99. When we make the "fundamental attribution error" we blame somebody's misfortunes on

(A) an evil leader (B) their personal qualities

(C) factors beyond their control (D) ourselves

100. What are secondary sex characteristics?

(A) such things as facial hair in men, breast development in women

(B) sex-linked changes in early childhood

(C) eye shadow, hair length, etc.

(D) "invisible" sexual characteristics